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NEWS RELEASE

UNIVERSITY OF SAN DIEGO



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FOR IMMEDIATE RELEASE

CREATIVE VISUALIZATION SEMINAR AT USD MARCH 21

"Seeing through the Mind's Eye," a seminar on Creative Visualization and Imagery for educators, counselors, and health care professionals, will be held at the University of San Diego, Saturday, March 21, from 9 a.m. to 4 p.m. in room 106 of the School of Nursing. Tuition for the seminar is \$30, and pre-registration is requested. For details, call 293-4585.

Speakers will include Sally Kochendofer, Ph.D., Visiting Assistant Professor at USD's School of Education, on leave from the University of North Carolina. Dr. Kochendofer has led imagery seminars and has published materials for relaxation and imagery with children.

Also speaking will be Rebecca Van Slyke Martin, Ph.D., health educator, counselor, psychophysiological therapist, and co-author of "Managing Stress in Crisis." Dr. Martin has lectured on subjects ranging from interpersonal communication to paranormal healing, and has developed relaxation and guided imagery tapes for educators, medical and business professionals.

The seminar will explore the origins of the visualization process and provide opportunities to experience it. Demonstrations

--more--

will help prepare the professional to: increase concentration and mental clarity, reduce stress and develop creativity in work, problem-solve in everyday events, and encourage positive growth in health habits.

The seminar is sponsored jointly by the USD School of Education and the Office of Continuing Education.

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